

Bhavan's Tripura Vidyamandir
2nd Terminal examination : (2024-2025)

Class:- 11

Time:- 3 Hours

Sub:- Physical Edu.

Total :- 70 Marks

Name of the student :

Roll: Sec:

General Instruction

- 1) The question paper consist of five section and 34 question.
- 2) Section A consist of question 1 -18 carry 1 mark.
- 3) Section B consist of question 19 to 23 caring 2 Mark's.
- 4) Section C consist of question 24 to 28 caring 3 Mark's.
- 5) Section D consist of question 29 to 31 carrying 4 Mark's.
- 6) Section E consist of question 32 to 34 carrying 5 marks.
- 7) Section B - E internal choice available.

SECTION A

- 1) Preparation of the body before training is called
A) Warming up B) limbering down C) Harvard step test D) none of the above.
- 2) Posture is an index of -
A) Personality B) health C) character D) fitness.
- 3) Which of the following is a game skill
A) Service B) kick C) shot D) all of the above.
- 4) Study of psychology refers to
A) Physical science B) social science C) behavioural science D) none of these
- 5) Sex education should be given in
A) Childhood B) infancy C) Adolescent D) adulthood
- 6) The study of human behaviour is called
A) Psychology B) Home science C) Social science D) Political science
- 7) What is the normal heart beat in a minute?
A) 72) minutes B) 60 minutes C) 120 minutes D) 90 minutes
- 8) Which of the Newton laws of action and reaction
A) First law B) second law C) third law D) fourth law
- 9) Newton first law of motion is known as
A) Law of inertia B) law of acceleration C) law of reaction D) gravitational pool
- 10) Olympic flag made up of?
A) White silk cloth B) Red silk cloth C) Blue silk cloth D) Green silk cloth
- 11) Who started Khello India program?
A) Prime minister Narendra Modi B) Prime minister Rajiv Gandhi
C) Prime minister Indira Gandhi D) Prime minister Atal Bihari Vajpayee
- 12) The sports which is not included in the Olympic ?
A) Cricket B) football C) hockey D) athletics.
- 13) In which country was the first aid word first used
A) USA B) China C) England D) Germany.

14) When fit India games was started?

A) 2019 B) 2018 C) 2017 D) 2016

15) Maximum carbohydrate are obtained from?

A) whole grain food B) fish C) plant oil D) nuts

16) International yoga day is celebrated on.

A) 21 Jun B) 21 may C) 21 March D) 21 July.

17) Role of water in human body is to.

A) Regulate body temperature B) give energy
C) repair cell D) Protect from disease

18) How many sports have been included in the khelo India program

A) 17 B) 16 C) 10 D) 18

SECTION B

19) Short note- PRICE

20) What is doping?

21) Write the importance of limbering down exercise?

22) Short note on Olympic flag?

23) Objectives of fit India movement

Or

Short note - sports industry

SECTION C

24) Write the Newton laws of motion and application in sports (third law)

25) Write the effect of exercise on heart.

26) Write different types of doping and their effect.

27) Write the causes of disability.

28) Write the qualities of good leader.

Or

Write the role of counsellor and physical education teacher for cwsn

SECTION D

29) Draw a knockout Fixtures of 19 teams.

30) Himesh is a 16 years old boy who suffer from anxiety, stress, depression. He only has a very few good friends. He is often fatigued and his poor concentration during class but yet able to do well for all his test. During the parents teacher meeting Himesh's father discussed about the behaviour of the Himesh with physical education teacher. The teacher told him that these are the problem of adolescent, which can be solved with proper guidance and creating an appropriate environment.

On the basis of above data answer the following question.

A) The time of life between childhood and adults is called?

1) adolescent 2) late childhood 3) early childhood 4) infancy

B) What is the range of adolescence

1) 3-12 2) 10-21 3) 21-30 4) 30-40

C) The reasons of the social problem in adolescence is ...

- 1) the thought of adolescent sometimes do not match with their society.
- 2) the society over rules there opinions.
- 3) Adolescent want autonomy in their thoughts and the tax they do.
- 4) all of these.

D) adolescence problem can be overcome by

1) proper environment	2) vocational guidance
3) social education	4) all of these

31) Khelo India program was started by honorable prime minister, on 31st January 2018. Talented sports person selected by the high level committee will be given 5 lakh rupees per year for 8 years to help the players in their training, food etc. First khelo India school sports was organised from 31st January to 8 February 2018 for children under 17 years of age which included 16 games.

A) What is the objective of khelo India program?

1) To promote sports culture	2) To develop team spirit
3) Develop sports ground.	4) All the above.

B) Who was the prime minister of that time?

C) How many sports are included in khelo India program?

A) 16	B) 17	C) 18	D) 18
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D) Which games are not included in khelo India program?

i) cricket	ii) volleyball	iii) basketball	iv) football.
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Or

Raman is a student of class 11 and is suffering from obesity. During a recent medical check-up at school he was advised to practice yogasana and participate in sports activity for curing it.

1) The yoga instructor at the school has asked Raman to perform

A) Bhujangasan	B) Pawanmuktasan
C) vajrasana.	D) chakrasana

2) The BMI index for an obese person is

A) Below 18	B) 18'5-24'9
C) Above 30.	C) none of these

3) Due to obesity Raman is also suffering from knock knees for which he is advised to

A) walk on inner edge of foot	B) walk on outer edge of foot
C) walk on heels	D) walk on tools

4) The word yoga is derived from which Sanskrit words?

A) Yuj	B) yukti	C) Nir	D) none of these.
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Section E

32) Write the problem of adolescent. how we will manage the adolescent problem?

33) What is yoga? write the importance of yoga in sports

34) Write the effect of exercise on muscle

Or

What is warming up ? Write the importance of warming up exercise.